

**Nampa Swim Team
Post HS Shave Meet
November 5th, 2023**

- SPONSORED BY:** Nampa Swim Team, Inc.
- SANCTIONED BY:** All events held under sanction of USA Swimming and Snake River Swimming, Inc., Sanction # 23-28. In granting this sanction, it is understood and agreed USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. (202.2.7)
- LOCATION:** Harward Recreational Center
131 Constitution Way
Nampa, Idaho 83686
(208) 465-2288
- FACILITIES:** 8 lane, 25-yard indoor pool. The minimum water depth, measured in accordance with Article 103.2.3 is 5.9' at the start end and 4.7' at the turn end. Equipped with eight starting blocks, backstroke flags, anti-wave lane lines, and electronic timing by Colorado Timing Systems. The competition pool has not been certified in accordance with USA Swimming Rule 104.2.2C(4).
- MEET REFEREE:** Chad Schaffer – Email: chad@tokcommercial.com
Protests will be handled in the manner described in Section 102.11 of *USA Swimming Rules and Regulations*.
- MEET DIRECTOR:** Amy Moulton Email: nst.meetdirector@yahoo.com
- OFFICIALS:** We expect and appreciate the help of certified USA Swimming Officials from each participating team.
- ELIGIBILITY:** Swimmers must hold current **2023** USA registration cards. Swimmers ages 13 and up will be eligible to compete in this meet. Age of swimmer on the first day of the meet (November 5, 2023) determines the swimmer's age for the meet.
- MEETINGS:** **COACHES:** There will be mandatory coaches meeting 15 minutes prior to the start of warm-ups each day of the meet

OFFICIALS: There will be an officials meeting 45 minutes prior to the start of each day of the meet.
- MEET FORMAT:** This meet will be swum as timed finals. Swimmers will swim in pre-seeded heats as designated in the heat sheets at the meet. All events will be swum as timed finals. Heats will be ordered fastest to slowest.

SCHEDULE:

Warm-Up Date		Time	Meet Starts
Sunday Nov. 5th		8:00am-9:00am	9:15am

This meet will be swum as timed finals. Swimmers will swim in pre-seeded heats as designated in the heat sheets posted at the meet, with exception of the 500 free and 1650 free, which will be deck seeded. All events will be swum as timed finals. Heats will be ordered fastest to slowest.

CONDUCT:

Current USA Swimming rules will govern this meet.

Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or swimmer's legal guardian to ensure compliance with this requirement.

Snake River Swimming warm-up and safety procedures will apply. This will be posted and is included with this invitation. No diving or backstroke starts will be allowed from the blocks or pool deck during warm-ups. Racing starts will be allowed in designated sprint lanes the last 15 minutes of warm-ups. Meet marshals will be on deck during warm-ups and cool down.

Under USA Swimming Rule 102.8 for Deck Changing – Changing into or out of swimsuits outside designated locker room areas by swimmer at any level of competition is prohibited at USA Swimming sanctioned meets. Prohibited areas include, but are not limited to, team and spectator seating sections, as well as warm-up and competition pool decks.

All swimmers will be on deck at designated heat and lane for their events. Cards for distance events will be picked up at the Clerk of Course.

Heats of timed final events may be combined at the discretion of the meet referee.

The 500 free and 1650 free will be deck seeded. All 500 free and 1650 free swimmers must check in with the Clerk of Course by 9:15 am, Sunday, November 5th. All 500 free and 1650 free swimmers must provide lap counters.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker room(s) any time athletes, coaches, officials, and/or spectators are present.

SAFE SPORT:

Current USA Swimming Rules, including Minor Athlete Abuse Prevention Policy (“MAAPP”), will govern this meet.

Meet Sanction:

A quality control system has been implemented to ensure that individuals who are ineligible for participation are unable to participate in this competition. Additionally, all adult members of USA Swimming who have not completed their Athlete Protection Training will not be able to participate in this competition.

Meet Announcement:

- The USA Swimming Safe Sport program is USA Swimming's comprehensive abuse prevention program dedicated to creating a healthy and positive environment free from abuse for all its members. Components of the program include, but are not limited to, providing education and training, enforcing policies (such as the Minor Athlete Abuse Prevention Policy), rules and best practice guidelines, promoting healthy boundaries and mandatory reporting of violations.*
- The Minor Athlete Abuse Prevention Policy (www.usaswimming.org/maapp) prohibits Adult Participants (as defined) from having one-on-one interactions with minor athletes which are not within an observable and interruptible distance from another adult participant. Adult Participants are required to abide by this policy in full during this meet.*

- Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 833-5US-SAFE (833-587-7233) or online at <http://www.uscenterforsafesport.org/report-a-concern>. Various state laws may also require reporting to law enforcement or to a designated child protection agency.
- For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct and the Minor Athlete Abuse Prevention Policy, please visit <http://www.usaswimming.org/report>.
- All athletes age 18 and older must complete Athlete Protection Training in order to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or after [insert first date of the actual competition], who has not completed Athlete Protection Training by the first day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns age 18 on or after **November 5th, 2023**, who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay.

MEDICAL: This meet will have trained CPR certified lifeguards on duty during the entirety of the swim meet.

ENTRIES: Sunday – All swimmers may enter **four individual events and two relays per day**.

A Team Manager Event import file will be available to download with the initial notification of the meet.

NO TIMES ARE ACCEPTED, with the following exception:

- Coaches may estimate entry times only **when no time exists**, for seeding purposes in any event, and are **encouraged** to do so for any event 200 yards or longer. Please estimate conservatively.
- Please indicate which events have estimated times, in an email with your entry file.

Enter in short course yard times only. Entries may be submitted as an attached file via email (nst.meetdirector@yahoo.com) to Amy Moulton by those teams using the Hy-Tek Commlink. Entry file must include converted times. **Include a hard copy of entries if submitted through email.**

Entries must include the following information: swimmer's name, age, team, team code, USA Swimming registration number, event name and number, and best time **short course yards**.

Please report scratches to the Clerk of Course prior to start of the meet.

Following the meet, the Team Manager Import File, Meet Manager Backup File, and html results will be posted to the LSC website: www.snakeriverswimming.org

Deck registration will not be provided. Anyone entered in the meet, whom is not properly registered with USA Swimming, is subject to a \$50 fine.

As prescribed in Article 205.3.1 F of the USA Swimming Rules and Regulations, entries will be limited to those swims that allow the events for swimmers 12 years and younger to be completed within the prescribed time limits of 4 hours.

TIME TRIALS: Time trials will NOT be offered.

ENTRY FEES: \$7.00 per individual race and \$10.00 per relay
Athlete Surcharge \$32.00 (\$1.75 timing system, \$9.00 SRS funds, \$5.75 pool rent/lifeguards, \$15.50 admin, & hospitality.)

ENTRY DEADLINE:

Make checks payable to Nampa Swim Team. All fees must accompany entries. **One check per team please. Entries must be received by October 29, 2023 at 1pm.** Late entries will not be accepted.

Make checks payable to Nampa Swim Team. One check per team, please.

Send Entries to: nst.meetdirector@yahoo.com

Send Fees to: Amy Moulton
c/o NST PO Box 753
Nampa, Idaho 83653

SCORING: This meet will not be scored.

AWARDS: There will be no awards for this meet.

MISC: Each team will be expected to provide timers during the entire course of the meet. Teams will be notified of assigned lanes.

Concessions will not be available at the pool.

Heat Sheets will be available through Meet Mobile and will be posted on the pool deck.

A hospitality room will be provided for coaches and officials.

COVID-19 PROCEDURES:

In applying for this sanctioned event, the host, Nampa Swim Team agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Snake River Swimming, the State of Idaho, and Canyon County.

**2023 Post HS Shave Meet
November 5th, 2023
Schedule of Events**

1	200 Medley Relay	2
3	200 Free Relay	4
5	200 fly	6
7	200 back	8
9	100 breast	10
11	100 free	12
13	500 free	14
15	200 IM	16
17	400 Free Relay	18
19	400 Medley Relay	20
21	1650 free	22
23	50 free	24
25	100 back	26
27	100 fly	28
29	400 IM	30
31	200 free	32
33	200 breast	34
35	800 Free Relay	36